

Confidence Boosting Lunch Box Notes

These confidence-boosting lunch box notes are a simple way to support and encourage your child during the school day. Tuck a note into your child's lunch box, pocket, or backpack to give them a smile and send a boost of confidence while you are apart.

How to Make

- 1 **Print** each page single-sided and at 100%.
- 2 **Cut** along the dashed lines forming twelve separate notes.
✂️ -----
- 3 **Write** a personalized message for your child on the blank cards.



it is
OKAY
TO BE
BRAVE
— and —
AFRAID
at the
SAME TIME
—BRENÉ BROWN

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EVERYTHING
IS **DIFFICULT**
BEFORE
IT'S
EASY!

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dream **BIG**
be **BRAVE**
show
KINDNESS

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PRACTICE
makes
PROGRESS

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you are
CAPABLE
— of —
AMAZING
THINGS

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FAIL =
First Attempt
In Learning

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BELIEVE YOU CAN
and you are
HALFWAY THERE

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YOU CAN DO
HARD THINGS!

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KEEP GOING UNTIL YOU ARE
PROUD

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LET YOUR
LIGHT SHINE

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THE BRAVEST THING YOU
CAN BE IS YOURSELF

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KINDNESS
STARTS WITH YOU

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